



The Official Voice of Area Support Group - Qatar

DESERT MESH

Qatar Armed Forces Sports Competitions



ASG Commander's Corner



COL Thomas F. Lynch III

This edition of the Desert Mesh should reach you just time for Easter. Thus, on behalf of the ASG-QA Staff, please accept our best for a joyous Easter and a great (albeit short) season of Spring. Before the end of April, we will again be into the heat that is the hallmark of Qatari summer. Thus, take full precautions against heat stroke and too much sun. Hydrate fully, and look out for your buddies. It will be another 5 months before we start talking about high temperatures of less than 100°F.

I join CSM White in thanking you for your great efforts and achievements during the past two months. As you will see in this edition of the Desert Mesh, February-March 2006 has been a period of terrific engagement with our Qatari military hosts in their athletic competitions. It has also been a period of ongoing strong support to our forward fighting Warriors. These past couple of months has also jump-started a period of increasing morale, recreation and service venues. The recent improvements in the Oasis Club and the dedication of the only 9-hole mini-golf course in Doha are but a preview of new venues to come in the next few months.

As we move into May-June 2006, I encourage each of you to continue your strong support for the Warriors on and passing through this Installation.

Fellow Defender's of Freedom at Camp As Sayliyah

Find a way to help sponsor some R&R Soldiers to a trip into Doha, volunteer to serve at the USO during non-duty time, find a way to lend your talents to one of the special events around Camp As Sayliyah. The more you do to help your fellow Warriors here at this Camp, the quicker your time will pass, and the more meaningful your experience will be.

Speaking of participation, we need your support for the remaining two sporting events we will contest with the Qatari military this year: basketball and volleyball. If you are not a member of these teams, look for advertisements about when these teams will play and come out to support them as you can. You should also plan to join ASG-QA and participate in the Memorial Day Fun Run on 29 May 2006; and, should mark your calendars now for the Spring 2006 Camp As Sayliyah Commander's Cup Sports Competition to be held from 18-20 May 2006 at various sporting venues on the Camp. The more you participate, the better these events will be.

Finally, mark your calendars early for a feature event of the Camp As Sayliyah calendar year: the June 15, 2006, Camp As Sayliyah Army Birthday Ball (see last page of this Desert Mesh). We look forward to over 300 of you joining us in celebration of our Army on that eventful night.

Many thanks for all that you do on this Camp and in support of the Global War of Terrorism. You make a difference everyday. Keep up the great work and the spirit of participation. Stay safe and keep on contributing your talents in every possible way.

Patton's Own!

THOMAS F. LYNCH III
Colonel, Armor
Commanding

ASG CSM's Corner



CSM William R. White II

The Army Combat Uniform, meant solely for combat operations, is one of the hottest items to have in today's Army, but are Soldiers wearing the uniform as they should? The days of heavy starch, sharp creases and dropping uniforms off at the cleaners are nearing and end. The Army Combat Uniform is designed to be a wash and wear, but Soldiers should exercise caution when caring for the new uniforms. The new uniforms come with washing instructions in the care manual. The manual instructs Soldiers to wash the uniform in a mild detergent that does not contain optical brighteners or bleach. However, detergents do not list optical brighteners on their labels. According to data received from the Program Executive Office (PEO) the following detergents do not contain optic brighteners:

- All versions of Cheer liquid
- All version of Cheer powder
- All versions of All powder
- All versions of Surf powder
- All versions of Woolite

Do the Right Thing

The ACU Care Manual and Army Regulation 670-1 state that starching and pressing of the ACU is not authorized. AR 670-1 also states dry cleaning or steam pressing ACUs will damage the treatments and durability of the uniform. The ACUs are 50% nylon and 50% cotton which will eventually cause minimal shrinkage if taken care of correctly and the laundering instructions are followed by using cold water and low heat when drying. According to the ACU Use and Care Manual, permanent damage to the uniform can be caused by chlorine bleach, dry cleaning and starching. Applying heat to the ACU can permanently damage the infra-red tabs and the hook and loop Velcro fasteners. Any of the processes including dry cleaning, and steam are not authorized because it will extremely affect the treatments and durability of the uniform. Alterations to the ACU are NOT authorized (AR 100-84) and will be loose fitting and comfortable. Badges will only be worn in garrison as determined by the unit commanders. They will not be worn in a Combat Zone or Contingency Area. I look for everyone's help to enforce the standards maintaining the ACU and clean appearance.

Third Always First

Article by CSM William R. White, ASG-QA CSM

CFLCC Commander's Corner



LTG Steven Whitcomb

Warrior Ethos and Spirit

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade

- Warrior Ethos#

The armed forces of the United States exist to fight and win the nation's wars. We are at war, and we are in it for the duration.

We always need effective equipment, weapons and personnel. But just as vital is our real "secret weapon", our Soldiers, Sailors, Airmen, Marines, Coasties and "Soldiers -in-Slacks", our civilians. Those men and women embody the intangible factors of loyalty, duty, respect, selfless service, honor, integrity, and personal courage - the "Warrior Ethos". We cannot fight without troops and equipment, but more importantly without the Warrior Ethos, we can not win.

While the "Warrior Ethos" is an Army term, each of our sister services have similar creeds. Soldiers must have a warrior mentality. We are not just tankers, engineers, pilots, communicators, supply sergeants, administrative clerks or print journalists. We are all warriors - Soldiers, first and foremost. We are changing the mindset of our force away from purely what we do as a skill in the Army and focusing on what we do as professionals in order to contribute to the fight as a warrior.

The Warrior Ethos helps us remain focused as the world continues to change, and our enemy remains just as unpredictable. Uncertainty will be the norm. Therefore, it is extremely important that you know and embrace the true meaning of the Warrior Ethos.

I will always place the mission first. This relates to combat as well as to everyday life. We each must have goals, and pursue them purposefully. If we don't have a purpose, we will never accomplish our professional or personal objectives. When we take on a mission, we take responsibility ahead of everything else before us. We are the Army, and we are trained to fight. That is our mission today.

I will never accept defeat, I will never quit. We are relentless. We don't quit on the battlefield, and we don't quit in our career, our relationships, or our dreams. This is critical to our mindset in the long war. We have to stay focused and alert in spite of hardship or tedious duty. Don't let your guard down, ever.

I will never leave a fallen comrade. This is about taking care of one another. We have a fundamental and moral obligation as Soldiers to take care of our own. It is about loyalty to a fellow Soldier, to your unit, to the Army, to your friends and your families and spouses. You are someone that everyone can rely on. The well-being of your comrades is your responsibility and you can count on them to look after you.

Warfare is a human endeavor; a test of your mind, body and spirit; it is up close and personal everyday. As we look our troops and each other in the eye, we must know without a doubt that we are ready to deploy, engage our enemies and accomplish the mission.

Soldiers and Leaders use Army Values, Soldiers Creed, NCO Creed and Warrior Ethos to affirm all the qualities of a great Soldier. It spills over into every aspect of our lives, Soldiering, spouse, parenting, friend and citizen. They all build on one another. I want everyone to focus on the big picture and get a holistic view of the lifestyle of a Warrior.

Leaders, each of us play a crucial role in developing our troops. By the disciplined execution of standards, we are living our values and creeds - the Warrior Ethos - to secure the future of our service and our Nation. We are all part of one team and that is the team made up of men and women fighting to defend our country's freedoms and liberties. - PATTON'S OWN.

*Written by: Capt. Chevelle Thomas,
CFLCC PAO*

CFLCC CSM's Corner



CSM Franklin Ashe

Fit or Fat? The choice is yours.

I'm nothing short of puzzled when I go to the gym and see fit people pumping iron, running on the treadmill or going head-to-head in an intense game of racquetball; then I see people who are teetering on the edge of being overweight raiding the dessert bar in the dining facility, loafing around the community center or taking unfair advantage of the fast food stands. As I've traveled around the area of responsibility, I've noticed an increasing amount of service members and civilians who are overweight. I've watched several people steadily gain weight while deployed because they haven't taken advantage of the situation around them. For every opportunity we get to let ourselves become out of shape, we have twice as many opportunities to get in shape. For every excuse we make to forgo working out, there are twice as many reasons why we should.

We all have a choice to make when it comes to our health and fitness, especially here in a deployed environment. With so many obstacles that can be found in the path to fitness, from the large helpings we're offered at the dining facility to the unpredictable hours of our work schedule, we're forced to make a conscious effort to stay in shape.

Service members are required to stay physically fit. Physical fitness is one of the few things in the Army you can achieve on your own, almost anytime you want to, whether it's knocking out some extra pushups, going for a run or going over to the gym to lift some weights. Whether you're in uniform or civilian clothes, remember, you're representing the United States of America. The way you look forms an impression for the citizens of our host nations. What they think about you becomes synonymous with what they think about Americans in general. If you wear a U.S. military uniform, you're required to look like a professional. A fit appearance is a professional appearance. If you're a person who's not physically fit, whether you're overweight or not, it is important that you use this time during deployment to set long-term fitness goals. Being overweight can open the door to numerous health problems. It increases your chances of developing certain diseases such as diabetes and heart disease. High blood pressure, clogged arteries and a higher risk of stroke all stem from being overweight.

Having excess body weight also puts you at a disadvantage in this environment because the heat makes it even more difficult for your body to cope. Being overweight can also have adverse effects on your joints and your mobility as well. Imagine doing maneuvers in full body armor with this added interference.

I realize, for some people, staying in shape is harder than it is for others. That just means you have to apply more determination. Some people are overweight because it's passed down to them genetically. Overcoming this type of setback is challenging but there are things you can do that will help. As I've gotten older, I've had to come to terms with the fact that I gain weight more easily. I have to be more careful about what I eat and I have to try to

keep a steady fitness routine going. I've also found that I feel better when I don't overeat and when I exercise regularly. I sleep better. I have more energy throughout the day and I feel better about myself as well. I've also seen people who have set and accomplished their fitness goals. I talked to one person who lost nearly 80 pounds while he was deployed. An accomplishment of that magnitude takes a high level of motivation and it's something to be proud of.

Several people have come over here, taken advantage of this environment and lost a lot of weight. They've gotten themselves back into shape and are feeling good about themselves. They go home feeling like they accomplished more than just their mission and challenged themselves while deployed. As a Soldier, Sailor, Airman or Marine and as an American serving overseas you're viewed by the public as more than an individual. No matter where you are in the world, you're representing much more than yourself. You represent the entire military. Service members should carry themselves with distinction and a sense of purpose because your actions and appearance are reflections on your unit, your leadership and your branch of service. Every time someone fails to do the right thing, it makes us look weaker in the eyes of our supporters as well as those of our enemies.

Remember, you're obligated to stay fit because you're part of a team that expects you to be there when they need you. Staying fit is one way to win the confidence of that team. Every day we have the ability to choose. Do you want to be fit or fat? I hope, for your sake and for the image of the military and our country, you'll do the right thing. — Third ... Always First.

Article by CSM Franklin Ashe

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History of Qatar Armed Forces Competitions

For the second year in a row, the Qatari Armed Forces Sports Association has graciously extended an invitation to the U.S. Armed Forces in Qatar to participate in their annual athletic competitions. The U.S. Armed Forces at Camp As Sayliyah accepted the challenge, and prepared for the games of their lives. Army Colonel Thomas F. Lynch III, Commander of Area Support Group-Qatar, made one thing clear from the very beginning: every effort would be made to actively participate in all competitions. The main objective of our participation was not necessarily to win... competing with our Qatari military counterparts proved to be not only an athletic event, but also a social one. Qatari and U.S. service members formed a new kind of bond; one that is guaranteed to grow stronger every year.

The Qatar Military Sports Competitions continue to challenge US Service Members of the Camp As Sayliyah community. The most recent sports included table tennis, soccer, other marksmanship competitions, and the cross-country run. Shortly, teams will compete in basketball and volleyball. The competitions continue to strengthen the cooperation between the US Military and the Qatar Military.



Camp As Sayliyah Base Flag Poles

Cross Country Competition

On Tuesday March 14, 2006, six of our service members participated in the Qatar Armed

Forces Cross Country competition. Our team consisted of three ASG Service Members, two Soccent Service Members and one 25th Signal Service Member. Together they formed the U.S. team; who fought hard until the very end. The event took place on the Qatari Base, and began at 0700 hours. The event began with a musical prelude by the Qatari military band. Once the music stopped the gun was sounded, the race began. There were approximately 50 or more participants including Camp As Sayliyah's six participants, all hauling to the finish line for the gold.



A job well done is exchanged between teams.

The 50 service members both Qatari and American were formed into 10 different competing teams.

The race entitled runners to go around the 5k race track four complete times. The first place winner who led the pack of fifty runners to the finish line was a Qatari Service Member.

Trailing minutes behind the first place winner, taking second place overall, was one of the camp's very own.

LTJG Cornelius Mason of SOCCENT. LTJG Mason was awarded with a trophy by Qatari Armed Forces, Chief of Staff MG Al Attiyah for his impressive finish. All of our participants did a miraculous job and finished in the Top 20 percentile. We commend all six of our Camp As Sayliyah runners.

Article by Lakia Clarke-Brown, ASG PAO

(pictured in order) SPC Lumbala Walumbala of ASG - #35. MAJ Rudy Riedel of SOCCENT - #31. MAJ Harvey of ASG - # 30. SSG Jaime Garcia of 25th SIG - # 34. CPT Stroiney of ASG - # 33. LTJG Cornelius Mason of SOCCENT- # 32 (behind)

Ruck Run Competition

The Qatar Military Sports Ruck Run took place at the Qatari Base on 27 March, 2006. Nine U.S. Service Members suited up in their battle gear and faced off against several teams from the different branches of the Qatar Military.



Ruck Run service member team

The uniform was the key to the 4km race. Each competitor had to wear a helmet, their battle uniform, and carry their weapon for the duration of the race.

Prizes were given to the top three teams, as well as the officers of the U.S team. ASG (Area Support Group) Commander, Col. Thomas F. Lynch III, also presented the Qatar Military Chief of Staff, Maj. Gen. Al Attiyah, with a trophy and thanked him for allowing the U.S team to participate.

Article by William R. McLeod, Photojournalist

Army Captain Half-Way There in Shooting Competition

Hunting pheasant or quail is something that Army Captain Jeff Miller has been doing since he was a kid. Shooting at small orange disks called ‘clays’ or simply ‘targets’, however, “is quite a bit different than shooting birds,” says Captain Miller.

Miller was the only American who signed up for the skeet match in the 2006 Qatar Military Sports Competitions. He fired a shotgun he had never laid hands on, at an unfamiliar range, yet managed to score nearly half as well as the best competitors on the Qatari teams. Some of the Qatari team members, according to some officers looking on, were members of the national team who practiced year round on this particular range.



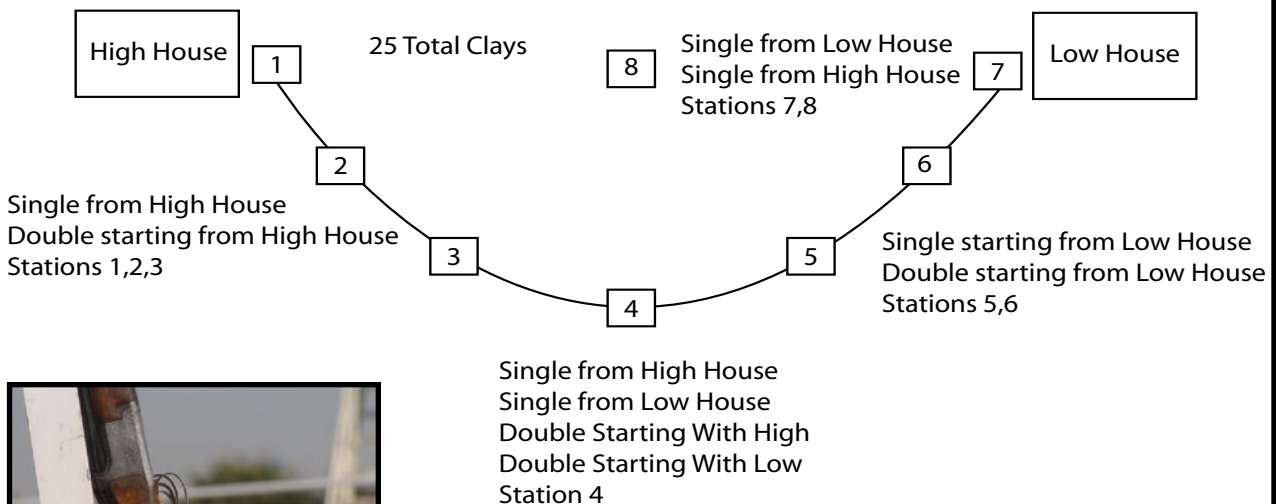
Army Captain Jeff Miller, and a Qatari competitor look down the sights of their weapons while preparing to shoot on the skeet range at the 2006 Qatar Military Sports Skeet Competition.

During the competition, ten competitors popped off one shot at each of 25 disks fired from the ‘High House’ and ‘Low House’ – the houses lying opposite each other at the ends of a half-circle. The perimeter of the half circle was broken up into 7 evenly spaced firing positions. With one additional firing position was directly in the center between the two houses. The competitors moved from position to position, aiming their shotguns in the sky, and firing at the targets.

Article by William R. McLeod, Photojournalist

Skeet Range Diagram

Courtesy Captain Jeff Miller, ASG S-3 Operations





The winners of the March 12th 3 on 3 Basketball Tournament. Pictured above is (not in order) SFC Marvin Tookes, SSG Charles Holloway, SSG Sherrod Hinson and SSG Travis Montgomery.

MWR Hosts Daily Competitions

Each month, the Morale, Welfare, and Recreation (MWR) team for Camp As Sayliyah organizes and runs several game tournaments. The games range from traditional sporting events like basketball and tennis, to more exotic face-offs such as the popular sumo wrestling event, where competitors dress up in air filled sumo suits and try to bounce their opponents out of the ring.

Army Staff Sgt. Josh West is one of many individuals that pass through Camp As Sayliyah from time to time. He and his fellow team of Army Divers like to compete in some of the MWR competitions.

"They are generally not games with stringent rules; mostly it's just a bunch of guys having a good time," he said.

He and his team, "The Sea Monkeys" joined forces with two Rest and Relaxation Pass Participants, and beat out the other competing teams in a soccer tournament on 24 February, 2006. All three participating teams received prizes for their participation.

Other sports and events regularly scheduled, are 3 on 3 basketball, musical acts, X Box tournaments and chess tournaments.

The MWR staff aims to have 24 hour programming on Camp As Sayliyah, with two major events every day. There are events to challenge and entertain everyone, no matter what your tastes. You can find more information on any of the MWR calendars posted in numerous places around the camp, on CAS TV, or by contacting the MWR staff in building 109, DSN 432-3497.

Article by William R. McLeod, Photojournalist



MINI Golf Course Grand Opening

On March 30, 2006 at 1330 hours a ceremony was held by MWR, opening the Miniature Golf Course here on Camp As Sayliyah. The Grand Opening began with an opening welcome from MSG Thomas Speaks, which was followed with opening remarks from Colonel Thomas F. Lynch, III. Traditional grand openings usually have ribbon cutting ceremonies, however; this "Grand Opening" began with an opening putt by Colonel Thomas F. Lynch, III and Command Sergeant Major William R. White, II.

The Miniature Golf Course will be officially open to the public starting on March 31, 2006. Operating times will be 900hrs until 2200 hrs. daily.

To sign out golf clubs and balls, you must visit the Help Desk for assistance.

Insert by Lakia Clarke-Brown



Opening putt by COL Lynch and CSM White

Camp As Sayliyah Renovations

Chili's Expansion



Chili's undergoes construction for expansion.

The Chili's restaurant here on base will soon be expanded for your dining convenience. The Chili's as we now know it will soon look and feel different; most of all, it will be more spacious to accommodate larger crowds. The projected expansion will also include a new entrance located outside of the pool area, and an outdoor dining area adjacent to the existing restaurant on the southeastern side.

The building won't be the only thing that will be improved, the menu will also include approximately 38 new menu items to choose from.

The expansion has already begun, and should be complete this April.

Insert by Lakia Clarke-Brown, ASG-QA PAO

AAFES Expansion

The place we all love to shop will be undergoing construction for renovation this summer. The PX/BX will be new and improved for your shopping enjoyment sooner than you think. Say goodbye to the cramped counter lines and the congested aisles. Get ready to say hello to the AAFES long-awaited expansion.

The expansion will not only provide more space for convenient shopping, it will also provide more space for the stockage of more products and hopefully new products. The current PX/BX is 6,000 square feet. Once the expansion is complete the Camp As Saliyah AAFES PX/BX will be a total of 16,500 square feet, which is an increase of 10,500 square feet.

The expansion is scheduled to begin this May, and is projected to be completed by July 2006.

Insert by Lakia Clarke-Brown, ASG-QA PAO



New facilites are being added to the Top Off.

It will be the new beginning to a better and more inviting place for our R&R Pass Program (R2P2) Service Members to enjoy. The R2P2 program is one of the many key elements of Camp As Sayliyah, and we take pride in making the R2P2 Service Members' stay one to remember. There will be a total of 4 new facilities added to the Top Off, the "Arabic Tent", "Irish Pub" with a indoor garden, Wine / Cigar Bar" and a "Cyber Cafe" all scheduled for completion by the 30th of April; courtesy of MWR's vendor Abella. The Arabic Tent is scheduled to be complete no later than the end of May. For further info contact the MWR / R2P2 department.

*Insert by Lakia Clarke-Brown,
ASG-QA PAO*

New Developments in Qatar

Asian Games 2006

As part of the infrastructural obligations for hosting the Asian Games, construction of the Asian Games City has begun. Once completed, over 30 sports facilities will be in place. Existing buildings are being renovated as new ones are being built, including Al Sadd Stadium, Al Rayyan Sports Centre, Al Itihad Sports Centre, Al Arabi Sports Centre, Swimming Centre (Aquatic) and Khalifa Stadium.

Cultural Village

The purpose of developing this village aims to create an environment embodying and explaining the inherited cultural and social aspects of Arabic life in general with focus on the Qatari life, and aiming to create an environment that reflects daily Qatari life activities. This will meet many objectives, such as; raising cultural awareness and educating people about the life style of the old generation.

Villaggio Mall

Located in Doha's Al Azizya district and sited within a new sports complex surrounding Khalifa Stadium, the Le Villaggio development will feature a total built up area of 145,000 square meters. Once completed, it will be Qatar's largest shopping center and will offer a comprehensive, yet focused mix of major retail outlets, services and entertainment activities. These will include bowling, a fun park, a roller coaster, ice rink, a six-theater cinema, fast food outlets and restaurant areas, a hotel and a hypermarket. These will all be set within and around an evocative coliseum and each of the elements will be linked together by water features, such as an indoor canal and a lake.



Villaggio Mall, above

and multi-family residential quarters, hotels, retail shopping areas and restaurants, entertainment and recreational facilities, schools, mosques, community centres and parks. There will be opportunities for non-Qatari's to invest in properties on the island.

Qatar National Library

Designed by the famous architect Arata Isozaki, Qatar National Library, the major repository of bibliographic references on the country, will be a landmark and a minaret of knowledge. The library will include the National History Museum, galleries, a children's centre, closed book stacks, reading rooms, a restaurant,

a lecture room, and conference hall. Construction will be completed by mid 2006 in time for the Asian Games.

Mowasalat – Public Transport

Mowasalat is the government-owned transportation company, started with the aim of providing a modern transport network that meets the standards of professionalism, technology and services and launched with new taxi service Karwa. The Karwa, fleet expansion includes, another 1200 taxis the end of 2005, 62 limousines, 300 standard Camry taxis, 51 standard limousines, 40 airport taxis. There will be another 800 drivers to graduate this year joining the current 388-strong existing force.



Qatar National Library, pictured

For further information
visit www.qatartourism.gov.qa



CPT Robert Delgado is swept away by SSG Latisha Brossard, playing the character of Sandman from the famous television series, "Showtime at the Apollo."

Showtime At As Sayliyah

On the 28th of February, 2006, the Camp As Sayliyah Equal Opportunity and Morale, Welfare, and Recreation staffs hosted a finale themed after the famous television show, 'Showtime at the Apollo,' as part of Black History Month observance.

Like the show, which pulled talent from the local Harlem community, service members from around the camp performed in an amateur performance competition. Several out-of-town soldiers here on Rest and Relaxation Pass also participated. All the important characters from the show were in place. SSG Ronald Payne took on the role of Rudy Rush as the comedian and host of the show. SFC Tammy Shannon played assistant host, Tiki, a spin on the official co-host KiKi Sheppard, and SSG Latisha Brossard played the famous Sandman, the clown like character charged with sweeping away the not so popular performers.

The first competitor, CPT Robert Delgado, opened the show in good humor. After less than a minute of his rendition of the Army Song, he was booed and swept away by the Sandman.

The crowd cheered loudly for the top three acts. SPC Calvin Yarbrough from the Finance Office took third place, singing "Slow Jam" by Atlantic Star. The second prize went to an R&R pass program participant who read an original poem called, "The Other Woman." PFC Clarence Hicks from 25th Signal Battalion took first prize in the competition with his rendition of Luther Vandross's "Superstar".

The Camp As Sayliyah Morale, Welfare, and Recreation staff plans to continue the fun with a similar monthly talent show beginning in the near future. Look for further announcements.

Article by William R. McLeod, Photojournalist

Another Chance To Heal



(Left to right) Army Sgts. Joel Sweeney and Brian Threlkeld, Air Force Master Sgt. Kevin Whitt, and PV2 Roy Lee enjoy an afternoon meal at Chili's on Camp As Sayliyah, Doha, Qatar, as part of a new program that brings medical holdovers from the 379th Medical Clinic at Al Udeid Air Base to the camp to relax.

The Rest and Relaxation Pass Program (R2P2) Staff from Camp As Sayliyah (CAS), which manages the R2P2 program for the entire United States Central Command (USCENTCOM) Theater of Operations, recently extended the scope of the program to encompass service members who come to the 379th Expeditionary Medical Group Clinic (EMDG) on Al Udeid Air Base (AUAB) for medical care. Medical patients from the 379th can now enjoy half a day of rest and relaxation at the facilities on Camp As Sayliyah.

The 379th EMDG accepts patients from around the USCENTCOM Theater as part of a policy that promotes intra-theater evacuation, for non-life-threatening injuries and illnesses, thereby decreasing the burden of forward medical treatment facilities in places like Iraq and Afghanistan. The support that the 379th and similar clinics provide helps to reduce the amount of time before a service member can return to duty.

The R2P2 opportunities on Camp As Sayliyah that the service members can now enjoy while being treated at the 379th provide a chance for mental healing. For Air Force Master Sergeant Kevin Whitt,

Army Sergeants Joel Sweeney and Brian Threlkeld, and Army Private Roy Lee, the first choice of amenities was a touch-of-home lunch at Chili's. Over their lunch, the group joked about how they normally fight the boredom in Iraq. Although it's not the 'milk challenge', where competitors try to drink the most cartons of milk, or the 'qualifying challenge', where they compete for time as they hang upside down on a tree trunk, they still managed to entertain themselves on Camp As Sayliyah. They all agreed it was a welcomed getaway.

Article by William R. McLeod, Photojournalist

WOMEN'S HISTORY MONTH



LUNCHEON

On the 16th of March, 2006, Camp As Sayliyah celebrated the great strides of women throughout history with a luncheon at the dining facility. A number of the camp community members came to help celebrate. They enjoyed a jeopardy flavored spin-off of the old game show, that focused on women's contributions to society, and listened to the guest speaker, Mrs. Diana Untermeyer, wife of the US Ambassador to Qatar, Mr. Chase Untermeyer. Mrs. Untermeyer's speech also addressed the achievements of some influential women in Qatar. One of the women she spoke about was the wife of the Emir of the State of Qatar, "Her Highness Sheikha Mozah Bint Al-Missned". The message revealed some of the recently improved women's rights and laws of Qatar, that Her Highness Sheikha is supporting.

Insert by William R. McLeod, Photojournalist

DOD CONSIDERING WAYS TO CONTROL HEALTHCARE COSTS

The Department of Defense is considering raising TRICARE premiums for retirees under age 65, as a way to control the long-term costs of military healthcare and save the benefits for future service members.

- Without this increase, there is concern that long-term costs may eventually diminish the benefits provided and impact the nation's defense capability and national security.

- DOD provides truly outstanding health benefits for active-duty and reserve-component members, retirees, and their families under TRICARE, and plans to continue this service.

- "TRICARE has improved steadily in recent years," said Dr. William Winkenwerder Jr., assistant secretary of Defense for Health Affairs.

"Independent surveys show TRICARE ranks as one of the nation's best health plans," he said. Unique benefits include a national network of more than 220,000 physicians, all U.S. hospitals, and 55,000 retail pharmacies. Military medical facilities have one of the best electronic health record systems in the world.

- Winkenwerder pointed out the issue at hand: "TRICARE's costs have more than doubled in 5 years from \$19 billion in FY 01 to \$38 billion in FY 06, and analysts project these costs to reach \$64 billion by 2015 – more than 12 percent of DOD's anticipated budget. It's at 8 percent today."

- Costs have grown because of expansion of benefits, increased use by retiree beneficiaries, health inflation, and no change in TRICARE premiums in the last 10 years.

- Large numbers of under-65 retirees are dropping employer-sponsored healthcare plans and relying on TRICARE. As a result, DOD increasingly subsidizes healthcare costs for many private-sector companies and some state governments.

- Total beneficiary cost shares have declined substantially. Beneficiaries paid 27 percent of their service cost in 1995 but only 12 percent in 2005, Winkenwerder said.

- It is essential to restore an appropriate cost-sharing relationship between beneficiaries and the Defense Department as an employer and provider of TRICARE. DOD has a plan to address this very important issue so that the military health benefit program can be on a fiscally sound foundation for the long term.

- A reasonable approach, achieved in a stepwise fashion, will be to re-establish the proportional level of individual cost sharing of 1995. This plan will have no impact on active-duty personnel or over-65 retiree beneficiary premiums.

- Even with proposed changes in the DOD plan, TRICARE would REMAIN the nation's very best health benefit and would continue to cost significantly less than comparable federal, state, and private health plans.

To subscribe follow this link:

<http://lists.army.mil/mailman/listinfo/stand-to>

Your Soldier, Your Army: A Parents' Guide

The author of the newest book for Army parents, *Your Soldier, Your Army: A Parents' Guide*, is not only the wife of the vice chief of staff of the Army, but she also has two Soldiers deployed to Iraq.

Vicki Cody has seen the Army for the past 30 years, so she said it seemed quite natural when she wrote her book to help families of Soldiers deal with deployments and Army life from her personal experiences.

The book not only informs parents about the Army, but it also includes acronyms and useful Web sites. Supplemental articles and exclamation points feature tips and facts about the Army.

The main thing that Cody hopes people get out of the book is a sense of reassurance and comfort. She hopes that parents feel like they're not alone.

You can view and download this book for free at the following web address:

<http://www.ausa.org/pdfdocs/YourSoldier.pdf>

To subscribe follow this link:

<http://lists.army.mil/mailman/listinfo/stand-to>



Government Purchasing



Is your unit in need of a “must have” item? And maybe you needed it “yesterday”? Have you been dreading what might be perceived as a long, drawn out purchasing procedure? There is no reason to fear. If your item, or combination of items, is less than \$2500.00 then it can be as simple as heading downtown with your Government Purchase Card (GPC) or coordinating with an authorized GPC holder located right here at Camp As Sayliyah. The GPC is intended as a tool for the execution of micro-purchases. Benefits of the GPC include reduction of administrative costs, as well as the reduction of procurement lead-time for supplies and services under the threshold of \$2500.00. As long as the purchase price is fair and reasonable and purchases are distributed equally among qualified vendors, purchases can be made without obtaining competitive quotations. Basic rules for the use of the GPC are simple. Only authorized cardholders may use the card. Purchases must be “for official use” only. Purchases must be authorized and funds must be available prior to purchase. Total price must include all associated costs, i.e. transportation costs or handling charges. The GPC should never be considered a personal credit card. It should not be used to avoid established small purchase procedures or to bypass the Contracting Office. Splitting purchases, the practice of separating a

requirement that exceeds the cardholder’s single purchase limit into two or more buys, is prohibited. Cardholder The GPC should never be considered a personal credit card. It should not be used to avoid established small purchase procedures or to bypass the Contracting Office. Splitting purchases, the practice of separating a requirement that exceeds the cardholder’s single purchase limit into two or more buys, is prohibited. Cardholder activities will be audited and if multiple buys for the same items are identified, administrative or UCMJ actions may be taken against the cardholder and/or the approving official. Know your requirement and proceed accordingly.

Some unauthorized uses of the GPC include, but are not limited to, the following: cash advances, rental or lease of motor vehicles, rental or lease of land or buildings, purchase of travel related items, payment of telephone bills/calls, purchase of business cards, purchase of weapons and weapon system items, and backordering of items.

In spite of some of these restrictions, the GPC can be a very useful tool on the road to mission accomplishment. If you are interested in learning more about the GPC program and the training available, please contact Katie Brasfield at 432-2164 or Debbie Hunter at 432-3047.

Article by Kattie Brasfield, ASG Contracting



Savings Deposit Program (DSP)

1. The Savings Deposit Program is a program that allows DOD service members to invest into a government savings account that earns an annual interest of 10%, compounded quarterly, on amounts up to \$10,000.

2. Service members deployed for greater than 30 days to the Balkans, Iraq, Afghanistan and Kuwait may participate in this program.

3. Allotments, cash, or personal checks are a few ways to contribute to SDP. However, deposits can not be greater than your current monthly net pay and allowances.



4. For more information regarding this and other finance questions, call or stop by the local office, or visit our website at http://266fincom1.hqusareur.army.mil/266CMD_FWD/266th-Forward.htm.

DRIVING SAFETY



The end result of a speeding driver, who could not stop soon enough. (Photo by Phillip East)

Motor vehicle accidents continue to plague the Army. They are the #1 killer of soldiers, with off-duty POV accidents being nearly 15 times more deadly than on-duty accidents.

What results from these POV accidents?

- Loss of an important team member
- Decrease in unit morale due to a loss
- Time and resource depletion as the whole unit suffers

Why do these POV accidents happen?

- Individual not aware of, or ignores the hazards
- Individual underestimates personal risk
- Individual overestimates driving abilities

How are these accidents avoided?

- Keep your vehicle in good condition
- Check lights, brakes, horn, wipers and mirrors
- Stay ahead of the situation
- Stay alert to your surroundings
- Stay back and leave plenty of space for a safe stop
- Always signal your intentions
- Don't speed
- Don't drink and drive
- Wear your seatbelt

" Driving is dangerous, but you can help lessen the risks by following the above advice. Drive to Arrive!" - Robert East



Electrical Safety



Electrical Safety is our theme for the month of May. All of us depend upon electricity everyday for many things that we do from powering our computers, to our appliances, power tools and lights. It is important that we treat electricity with respect and take precautions to avoid electrical safety problems that can cause electrical shock or fire. The following tips are just a few of the things we all can do to be electrically safe:

- Regularly inspect your outlets and extension cord for damage.
- Turn off and disconnect appliances when not in use.
- Use coffee pots and water boilers only on non-burnable, non-conductive surfaces.
- Do not use extension cords as a permanent source of electricity; they are for temporary use only.
- Avoid daisy chaining with extension cords (connecting many together).
- Always signal your intentions
- Don't speed
- Don't drink and drive
- Wear your seatbelt

If you are experiencing electrical problems, particularly with neon lighting, or you need additional wall outlets installed to properly power your equipment or appliances, or if you would like an electrical survey conducted in your facility, please contact the ITT-BOSDPW Help Desk at 460-8325.

Remember, safe use of our electricity will avoid damage due to electrical short and fire, as well as injury due to electrical shock.

*Articles submitted by Robert B. East,
ITT, Installation Safety Manager*

New Traffic Policies

Beginning March 31, 2006 the new Camp As Sayliyah Traffic Policy takes affect. The purpose of the policy is intended to promote safety, control vehicle traffic, enhance force protection, and ensure access for emergency vehicles. In addition, to bringing an individual's attention to bad driving habits that will not be tolerated on Camp As Sayliyah. Identified in the policy are 21 moving violations and 3 non moving violations for which a driver may receive a ticket.

Q: Who will enforce the Traffic Policy?

A: The primary responsibility falls on the law enforcement activity at Camp As Sayliyah, which is the Military Police. However, traffic enforcement and safety is everyone's duty and obligation on and off Camp As Sayliyah.

Q: How are traffic points accessed?

A: The Traffic Policy, as stated earlier, has 21 moving and 3 non moving violations. Each of the traffic violations have points identified with them and are based upon the seriousness of the illegal driving action. It takes a total of 6 traffic points within a two year period before a person's privilege is suspended or revoked. However, depending on the type of traffic infraction committed, a person could lose their driving privilege with one violation of the Traffic Policy, such a DRIVING UNDER THE INFLUENCE OF ALCOHOL (a 6 point offense). The traffic points are cumulative. As an example, a driver receives the following tickets within 2 years for the stated violations; one for failing to stop at a STOP sign (a 3 point offense), and a second ticket for IMPROPER BACKING (a 2 point offense), and finally a third ticket for DRIVER IS RESPONSIBLE FOR AN ACCIDENT (a 1 point offense). These offenses totaled up 6 points and occurred within 2 years, therefore the driver would lose his/her privilege to drive.

Q: How will the Traffic Policy be enforced?

A: Enforcement of the Traffic Policy will be conducted the same as traffic laws, regulations and ordinances are done around the world, at other military bases and in cities and states, through the issuance of traffic tickets. For example, a driver fails to come to a complete stop at a STOP sign, and this illegal action is observed by a Military Police Officer, the driver will be detained and issued a traffic ticket for the offense of "failing to obey a stop sign". However, in some instances the Military Police may not observe the violation, but receive a complaint instead from another party, in a scenario of this type an investigation may be conducted and based upon the seriousness of the action and the evidence collected, a ticket may be issued to the accused violator. In either case, the driver may receive a ticket for their violation of the Traffic Policy.

Q: How and when will notification be made upon receiving 6 points?

A: Drivers will be notified through a memorandum outlining and describing their violations and points that they have accumulated at reaching the 6 point threshold. Individuals will also receive and sign a memorandum acknowledging that they have received their notice of Suspension/Revocation of Installation Driving Privilege Notice.

This is a brief synopsis of the Camp As Sayliyah Traffic Policy. The Provost Marshal's Office can answer individual questions concerning individual issues. The POC is MSG Pennington, PMO NCOIC, at DSN 432-2284 for additional information regarding the Traffic Policy.

*Article submitted by MSG Pennington,
PMO NCOIC*

Heat Stress and Heat Injury Prevention

The hot days of spring and summer are rapidly approaching and so it is prudent for us to take time now to prepare to ensure the safety of our personnel and ourselves. Heat can severely injure this unit just as surely as any enemy. Use the following procedures to manage the risks associated with hot-weather operations.

- **Drink plenty of fluids.** Cool water is best. Also drink fluids that replace lost electrolytes. Carbonated drinks can cause cramps.
- **Avoid Alcohol.** These liquids work to dehydrate your body.
- **Plan your activities.** Save the most strenuous work for the cooler parts of the day.
- **Stay cool.** When hot, look for a cool spot to rest and recover (shady or air conditioned areas)
- **Dress cool.** Wear loose-weave, cotton fabrics that allow your body to breathe.
- **Rest often.** Get sufficient rest, sleep and nutrition. Stay in shape to effectively handle the environment.

Insert from the Camp As Sayliyah Intranet; Safety section

The Bird Flu Threat

- Do not handle wild birds or animals
- Report any dead birds or animals
- Report any stray animals spotted on camp
- Comply with the prohibition of pets on camp



Avian influenza is caused by avian influenza viruses, which occur naturally among birds. H5N1 is the subtype of avian influenza that is currently generating media coverage and widespread concern. It is highly contagious among birds and can be fatal to them. Humans can become infected from direct contact with afflicted animals or their feces. Recently, pigs in China and cats in the Netherlands were confirmed to be infected with H5N1. The strain is showing signs of becoming more adaptable to mammals than earlier strains of the virus. This indicates that the threat to human health is increasing. Currently, the greatest danger for contraction of the virus is through direct contact with birds or other animals. Birds with the H5N1 virus have been found in nearby countries to include Iraq, Egypt, Jordan, Israel and Iran. The threat level here on Camp As Sayliyah is "Low" to "None". The following steps should be followed to help reduce and contain this threat: Point of contact for the list above is: Mr. Sean Tucker, DSN 432-2888 or Cell 553-4942.



Virginia's Top Live Band Plays at Camp As Sayliyah

Entertainment is the Fuzz Band's business, and business is good! The nine-member group packs a musical repertoire, playing jams from Jazz to Hip Hop, Funk to Rock, and everything in between, but what really gets the crowd moving is the stage show. This band plays with enough energy to power a small city! Perhaps that's why they electrified Doha on the 5th of March... This band had the whole place on their feet! And rumor has it... they want to come back and do it again!

Find out more at the band's official website: <http://www.thefuzzband.com>

Insert by William R. McLeod, Photojournalist



Memorial Day FUN RUN



During the month of May we will celebrate Memorial Day with a MWR sponsored *Fun Run*. The Fun Run is a 5K run around the base jogging trail. The run is scheduled for 29 May. The run will begin at 0600 hours. For more information contact the MWR office at DSN 432-3033



Insert by Lakia Clarke-Brown

PAGE 18

Holocaust Remembrance Week

April 25, 2006, is a day of remembrance for six million Jews who perished during the Holocaust

The Holocaust is the term used to refer to the period from 1933 to 1945, before and during World War II, when Adolf Hitler and the Nazis systematically persecuted and murdered nearly six million Jews. More than one third of the World Jewry, as well as another five million non-Jews throughout Europe, were killed during this period. The genocide, or what the Nazis dubbed "The Final Solution," occurred mainly at six death camps located in Poland.

A Day of Commemoration for Those Who Perished

In 1951, the Israeli Knesset declared that the 27th day of Nisan is to be Yom HaShoah, or Holocaust Remembrance Day, a day of commemoration for the Jews who perished and for those who showed resistance and heroism during the Holocaust. The day is the anniversary of the 1943 Warsaw Ghetto uprising.

Yad Vashem, Israel's Holocaust Remembrance Authority

As part of a continuing effort to honor the victims of the Holocaust, Yad Vashem, Israel's Holocaust Martyrs' and Heroes' Remembrance Authority, was established in 1953 by the Knesset. Yad Vashem also oversees the world-wide Holocaust memorial, "Unto Every Person there is a Name" a unique project designed to perpetuate the memory of the Jewish victims of the Holocaust by public recitation of their names on the Day of Remembrance.

Article by Gerry Brown, www.infoplease.com



The motto "Work makes Free" is inscribed in the gates of the first Nazi concentration camp near Dachau, Germany

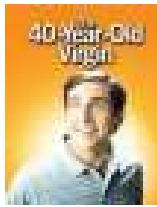


The Holocaust was a tragic time in history where large numbers of people across Europe were persecuted for their beliefs. One week in April is devoted to remembering those who suffered. Camp As Sayliyah is planning a devotional ceremony at 11:00 am on the 25th of April 2006, at the Community Activity Center.

Insert by William R. McLeod, Photojournalist

New at the " Video Hut"

The 40 year-old Virgin
(2005)



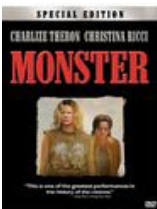
Rated R

*Harry Potter and the Prisoner
of Azkaban*
(2004)



Rated PG

Monster
(2003)



Rated R

The Video Hut is open daily
from 0900 until 2200 hrs.
The Video Hut is located
in the building 109 Gym.
For a complet movie list-
ing visit the CAS website,
or call DSN 432-2389

Asian Pacific Month



When they first arrived in the United States, Asian (usually Chinese) immigrants were welcomed, or at least tolerated. After the California gold rush brought thousands of Chinese to California, however, Asian immigrants faced restrictive laws and occasional violence.

In the late 1800s Chinese, and eventually other Asians, were excluded from citizenship. These laws were repealed during World War II, followed by further immigration-law changes, making it easier for Asians to enter the United States.

Today, Asian immigrants have a high rate of assimilation and participation in the American mosaic.

In 1979 the United States and China resumed diplomatic relations, making immigration easier for Chinese. But, new arrivals came from other Asian countries as well, including India and Pakistan. And in 1975 following the Vietnam War, more than 130,000 refugees fleeing from the Communist governments of Vietnam, Cambodia and Laos arrived on U.S. shores. Millions of Asians arrived in subsequent years.

In 1980 more than 2.5 million Asian immigrants entered the U.S., up from under 500,000 in 1960.

The Immigration Act of 1990 increased the numbers of Asians coming to the U.S. by raising the total quota and reorganizing system of preferences to favor certain professional groups. This allowed Asians with training in medicine, high technology, and other specialties to enter more easily. In 1990 nearly 5 million Asian immigrants were reported, second only to Latin America. (www.infoplease.com)

Asian Pacific Americans across the US and across the world observe Asian Pacific American Month during the month of May. Camp As Sayliyah will also celebrate with observances coordinated by the 25th Signal Battalion. Like most monthly observances on the camp, the month will open with a cake cutting ceremony, and will be followed by a luncheon in the middle of the month. The 25th Signal Battalion is hoping to gather a large crowd for the finale by the pool. Expect a luau with a delectable barbeque and entertainment.

Insert by William R. McLeod, Photojournalist

Commander's Cup MAY 2006

It's time for the "Commander's Cup" again.

The Spring Commander's Cup will be May 19th & 20th.

Make sure your unit is pumped up and ready for the competition this year. Who will win this year's cup? Will MEDLOG take the throne again for the fifth consecutive winning? All units will compete for the winning spot, but only one will win.

Winning the Commander's Cup takes hard work, motivation, tatic and dedication as a team.

"Good Luck" and see you there!

Further information will be posted by MWR shortly.

Insert by Lakia Clarke-Brown, ASG-QA PAO



Pictured Above, Arcent (ASG) battles for the winning score against MEDLOG.



Pictured Above, MWR keeps track of the scores for each team..



Pictured Above, Service Member competes in the swim competition.



231st U.S. Army Birthday Ball



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